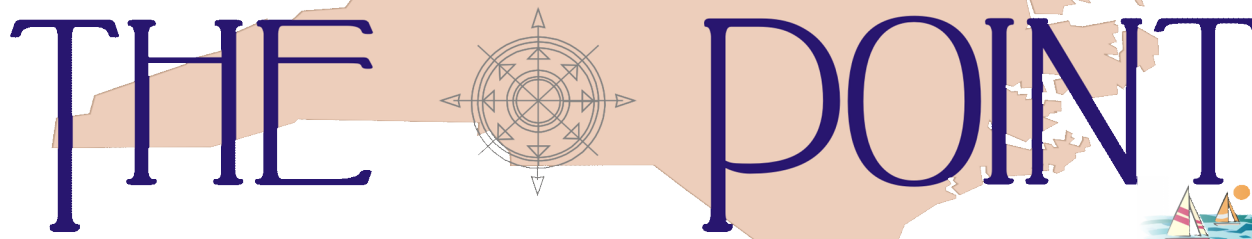


# THE POINT

**Volume XIII, No. 6****<http://cpoint-www.med.navy.mil>****June, 2007**

## CO's Corner

Summer weather is officially here and with it brings plenty of outside fun and activities. To help keep your kids healthy, please review the article about swimming safety. Also in this issue is great news concerning the ongoing fight against cancer, if you are a woman between the ages of 9 and 26, this article concerns you.

What I really want to talk about is the upcoming transformation of our hospital to a clinic. There are only a few short months left until October and things are happening very fast around here. Of special interest to most of you is the conversion of our Emergency Department to an Urgent Care Center.

Please join us at the basewide town hall meeting hosted by the station CO, Col. Bottorff, on Tuesday, June 5<sup>th</sup> at 1800 in the Base Theater.

CAPT E. V. Valentin, MSC, USN

## Summer Swimming Safety

With the summer months upon us, many children and adults will flock to swimming pools and beaches to keep cool. According to the Centers for Disease Control and Prevention (CDC), the number of water-borne illnesses as a result of swimming has risen over the past decade. To help parents ensure their children are safe while in the water please adhere to the following water safety tips:

1. Take your kids on bathroom breaks often
2. Do not swallow pool water
3. Wash your hands with soap and water after using the toilet or changing diapers
4. Change diapers in the bathroom, not at poolside
5. Do not swim when you have diarrhea
6. Wash your child thoroughly with soap and water before swimming

While it is true that chlorine can kill certain germs, it doesn't work instantly. Some germs may settle in pool water for many days because they are resistant to chlorine. Following these tips will drastically reduce the spread of germs.

## Preventing Cancer with Gardasil

Human papillomavirus (HPV) is a common virus. In 2005, the Centers for Disease Control and Prevention (CDC) estimated that 20 million people in the United States had been exposed to this virus. There are more than 100 different types of HPV; some cause no harm while about 30 types can cause diseases of the genital area. Approximately 70% of cervical cancers have been associated with HPV types 16 and 18, and 90% of genital warts result from infection with HPV types 6 and 11.

Cervical cancer is the second largest cause of female cancer deaths worldwide, and in 2006 approximately 3,700 women died of cervical cancer in the United States alone. Now for the first time, protection against cancer, precancerous cervical lesions, and warts can be offered to girls and young women.

The American College of Obstetricians and Gynecologists recommends vaccination against HPV for all girls and women ages 9 through 26. One type of HPV vaccine is Gardasil. This vaccine (injection/shot) is administered as 3 separate injections over 6 months and helps protect against the diseases caused by HPV types 6, 11, 16, and 18.

Gardasil may not fully protect everyone and does not prevent all types of cervical diseases. For maximum effectiveness Gardasil should be given prior to first sexual activity and any

possible exposure to HPV. It will not treat existing cervical cancer and genital warts, and will not protect against diseases caused by other HPV types or other sexually transmitted infections. All women should still have regularly scheduled screening for cervical cancer as the vaccine does not protect against all strains of HPV.

The Gardasil HPV vaccine has arrived at the Cherry Point Women's Health Clinic and is available to all female active duty and family members between the ages of 9 and 26 years old. The vaccine will be given during normal business hours (0800-1100 and 1330-1530) Monday through Friday on a walk-in basis.

Only a doctor or healthcare professional can help you decide if the HPV vaccination is right for you or your daughter. For an appointment to discuss your questions or for more information, please contact the Women's Health Clinic at 252.466.0196.

Dear Benefits Betty,  
*My family and I are planning a two week trip to Florida this month. We are all TRICARE Prime. If any of us need to see a doctor, how do we go about doing that?*

*Signed, Destined for Disneyworld*

BB: Dear Destined for Disneyworld  
As TRICARE Prime beneficiaries, the first thing you need to remember is if you have an emergency, you can go to any emergency room without a referral or authorization. For any other care, including urgent care, you will need a referral from your PCM (Primary Care Manager) and prior authorization from TRICARE. When you go on vacation, be sure you bring important phone numbers with you, including the number to your PCM and the Naval Hospital. For more information about out of area care; call 252.466.0124/0563/0396, 1-877-TRICARE, or stop by the Healthcare Operations Department on the second deck of the Naval Hospital.

Signed, Benefits Betty

#### School Physical Rodeo

On Thursday, June 14<sup>th</sup> the Naval Hospital has set aside time to conduct school physicals. The rodeo is established to provide physicals for new kindergarteners, students who are new to the area and students who are required to have physicals annually. In order to meet the needs of all our children who fit into these categories,

we ask that you do not schedule physicals for day care, sports, or well baby checks. To set an appointment for your child, call 252.466.0921.

#### June Health Education Dates

Cholesterol/Nutrition ..... 13, 20  
Leaner Living Weight Management .6, 13, 20, 27  
Diabetes Self-Management .....7, 14, 21, 28  
Weight Management Nutrition ..... 5, 19  
Class times and locations vary; please call (252) 466-0921/6467 to sign up.

#### June Health Resources

UV Safety Month.....  
<http://www.aao.org>

#### June Word Search

W X Q S U O M B S D A W U Z K  
D D A I S J U P B S V D V F Y  
H O H V Y E G T T I M R A R T  
Z U Y W L N N I L R B F X C I  
Q Q E U K R G D O E H S Q J R  
Z C U O E M X T N F T W H Z U  
H S J T A Z C Y J I B S G D C  
D F I T N E K O M S L Z O A E  
L N I M T N N U A K M B G L S  
A S X E G L A U C O M A G P S  
M H D S F U J T P E Q N L S N  
M S K R O W E R I F M K E B Y  
I R B T J J R T B N I O S E Y  
X Q G W W R Y G Y M X X H Q U  
F M O F M F Z S E W C B H J I

Astigmatism	Blindness
Detector	Fireworks
Glaucoma	Goggles
Home	Outlets
Retina	Security

#### Hospital Vitals

Appointment Line ..... (252) 466.0921  
AD Appointments..... (252) 466.0355/56  
Information Line ..... (252) 466.0266  
Nurse Advice Line..... 1 (866) 450.3230  
Customer Service Line ..... (252) 466.0367  
Family Care Clinic ..... M-F 0730-1630  
Pediatric Clinic..... M-F 0730-1630  
Evening Clinic..... M-F 1630-1800  
Pharmacy..... M-F 0800-1700  
Pharmacy Refill Pick Ups ..... 0800-2000  
Administrative Offices ..... M-F 0730-1630  
Emergency Room ..... 24hrs / 7 days  
Laboratory Hours..... M-F 0730-1615

Comments or Suggestions? Use the  
Interactive Customer Evaluation located  
at <http://cpoint-www.med.navy.mil>

